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[District 170][West Palm Beach, FL] [March 2021] Our Three Legacies: Steps, Traditions and Concepts. The threefold guides of Al-Anon point the way to a normal, useful life for the individual. They also are a framework within which the groups can carry on their affairs in harmony.] They also are a framework within which the groups

STEP 3: RECOVERY

Step 3: Made a decision to turn our will and our lives over to the care of God as we understood Him. **Share:** As it says in "Courage to Change" page 23, "At the start of each day I can make the decision to turn my will over to the care of God. This way I start each day with the assertion that I am willing to accept the reality of my life and know I am moving in the right direction." I found it was very important to read each step closely and attempt to understand each word and the concepts behind the step. In so doing I concluded that in Step 3 I am simply asked to make a decision to turn my will and my life over to the care of a Higher Power. It was clear to me that if I made this decision, it did not guarantee that I would know how to actually turn my will over. All I am asked to do in order to complete this step is to "Make a decision...". After working Step 2, it made sense to me to let go of the negative thoughts and try a new way which was making a decision and the decision would be to turn my will and life over to a power greater than myself and this is my choice, today!

Spr

TRADITION 3: UNITY

Tradition 3: The relatives of alcoholics, when gathered together for mutual aid, may call themselves an Al-Anon family group, provided that, as a group, they have no other affiliation. The only requirement for membership is that there be a problem of alcoholism in a relative or friend. **Share:** As page 77 in "Reaching for Personal Freedom" (P-92) indicates, "Tradition Three assumes that we share a common concern, as well as a commitment to focus our attention only on the reason we come together when we meet." This tradition is often described as our primary purpose, or our singleness of purpose. I have to be very **(continued on page 3)**

CONCEPT 3: SERVICE

Tradition 3: The right of decision makes effective leadership possible. **Share:** Making decisions was all I did, for me and everyone else, before I entered into Al-Anon. I was also the only perceived leadership in my life. I was very bossy! Concept 3 has taught me that allowing others to make their own decisions learned in Al-Anon I work to allow others to make their own decisions as a right, and that their decisions should be without being belittled, criticized and judged. This has given me and others the latitude, the freedom, and the dignity to be a part of the decision making process. The slogan, Let go and Let God has been a great help to me while working through this important concept.

SAVE THE DATE

PLEASE REVIEW ALL OF THE FLYERS ATTACHED FOR OPPORTUNITIES TO PARTICIPATE IN AL-ANON

SERVICE OPPORTUNITIES AVAILABLE - CONSIDER GETTING INVOLVED!!!!

SERVICE

Tradition 7 "Every group ought to be self-supporting, declining outside contributions" tells us that we support ourselves by contributing NOT ONLY financially, but also by giving of our time and talents. Please help keep our District 170 self-supporting by considering to serve at the district level. Go to southpalmbeachafg.org for a summary of openings for service and the duties.

Contact the following for information on the following:

Alateen: Maura 561-376-7627

Crossroads Literature: Larry 561-452-8998; available in person Tuesdays from 5 p.m. to 7:00 p.m.

Institutions: Robyn 561-251-2160

Pipeline: Becky 719-431-3254

Public Outreach: Rick and Becca 561-414-4423

Speakers: Faith 561-703-9647

Meeting Updates: Howard

Web Master: Jill 561-213-7478



MY JOURNEY TO SERENITY

When I attended my first Al-Anon meeting, I was in a state of desperation, looking for a way to "fix" my son, the alcoholic. I didn't know anyone at that meeting. Nevertheless, some members greeted me warmly, made sure I had a seat, and loaned me a book.

The group read a welcome message and then members shared their personal experience, strength, and hope. I can't begin to tell you how comforted I was by the stories they told about how they had broken free from the same tumultuous life I was caught in.

Although I had come thinking that alcoholism was my son's problem, I left with new respect for the power that alcoholism has over friends and families. It was actually a relief to get permission to take care of my own recovery and leave my son's recovery to him. Sure, I would always love him and want to help him—it wasn't easy to stop all my controlling, enabling behavior. But reading Al-Anon literature daily, talking to members, and most of all going to meetings, has kept me focused on my personal journey to serenity.

The Forum, February 2021

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ANNOUNCEMENTS

Announcement 1 - District 170 is in need of a District Representative and an Alternate District Representative. Go to www.alanon.sofla.org for more information.

Announcement 2 - A 65th Anniversary Convention with Al-Anon participation is August 20-22, 2021.

Announcement 3 - Al-Anon convention Planning for August 3-7, 2022 has begun.

Announcement 4: We currently have openings for phone service as follows:

8 am to 12 noon on Monday Friday and Saturday

11 pm to 8 am Monday Tuesday and Thursday

Anyone who would like to consider getting involved with phone service can

Contact me Kathy B at 305 333 9390 or email afgtelephone170@gmail.com

Tradition 3 Share.....Continued.....from page 1.....mindful to stay focused on that singleness of purpose, and refrain from engaging in other topics that -while perhaps very interesting- are not appropriate at an Al-Anon meeting as they can distract -and detract - from Al-Anon's primary purpose.

Page 78 states that I need to remember exactly where I am in all my affairs. Just as I don't talk about COVID-19 during Yoga class, or about the Catholic Church during Pilates, I don't bring any of those affiliations into an Al-Anon meeting! This is especially important so that everyone feels safe in an Al-Anon meeting and newcomers don't become very confused.

**PLEASE JOIN US.....
PUBLIC OUTREACH VOLUNTEER
ZOOM MEETING**

Anyone who would like to explore doing service with Public Outreach is invited to attend.

Thursday March 25th at 7pm .

ZOOM INFO

LINK:

[https://us02web.zoom.us/j/](https://us02web.zoom.us/j/96498182076?pwd=bmsxSElzYXhGYWxJQjlrekdTWE5GZz09)

96498182076?pwd=

bmsxSElzYXhGYWxJQjlrekdTWE5GZz

09

MEETING ID 964 9818 2076

PASSWORD 430268

Email:

PublicOutreach170@yahoo.com

Call /Text Rick 561-414-4423

DETACHMENT

Detachment is neither kind nor unkind. It does not imply judgement or condemnation of the person or situation from which we are detaching. Separating ourselves from the adverse effects of another person's alcoholism can be a means of detaching; this does not necessarily require physical separation. Detachment can help us look at our situations realistically and objectively.

Alcoholism is a family disease. Living with the effects of someone else's drinking is too devastating for most people to bear without help.

In Al-Anon we learn nothing we say or do can cause or stop someone else's drinking. We are not responsible for another person's disease or recovery from it.

Detachment allows us to let go of our obsession with another's behavior and begin to lead happier and more manageable lives, lives with dignity and rights, lives guided by a Power greater than ourselves. We can still love the person without liking the behavior.

IN AL-ANON WE LEARN:

- Not to suffer because of the actions or reactions of other people
- Not to allow ourselves to be used or abused by others in the interest of another's recovery
- Not to do for others what they can do for themselves
- Not to manipulate situations so others will eat, go to bed, get up, pay bills, not drink, or behave as we see fit
- Not to cover up for another's mistakes or misdeeds
- Not to create a crisis
- Not to prevent a crisis if it is in the natural course of events

By learning to focus on ourselves, our attitudes and well-being improve. We allow the alcoholics in our lives to experience the consequences of their own actions.

AL-ANON CAN HELP

Al-Anon is a worldwide fellowship that offers a program of recovery for the families and friends of alcoholics, whether or not the alcoholic recognizes the existence of a drinking problem or seeks help. Members give and receive comfort and understanding through a mutual exchange of experience, strength, and hope. Sharing of similar problems binds individuals and groups together in a bond that is protected by a tradition of anonymity.

Al-Anon is not a religious organization or a counseling agency. It is not a treatment center nor is it allied with any other organization offering such services. Al-Anon Family Groups, which includes Alateen for young members, usually teenagers, neither expresses opinions on outside issues nor endorses outside enterprises. No dues or fees are required. Membership is voluntary, requiring only that one's own life has been adversely affected by someone else's drinking problem.



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For meeting information call:
1-888-425-2666 (1-888-4AL-ANON)

Al-Anon/Alateen is supported by members' voluntary contributions and from the sale of our Conference Approved Literature.



District 180 Fun and Laughter Workshop

***** Only requirement: a predisposition to laughter and silliness *****



Saturday April 24 from 12 noon EST to 4 pm EST

Register in advance:

<https://us02web.zoom.us/meeting/register/tZ0kfuqpqzltG9Tecw6o8Lf5nV94enxaXU0p>

*****After registering, you'll get a confirmation email with hilarious login details*****

Bring Your Goofiest Al-Anon Story



Tickled-pink FUN-atics in recovery, please contact your witty Booking Agents to reserve a spot at the mic

180eventspanel61@gmail.com

A... Without Borders

Alcoholism Knows No Color

Zoom Link [HTTPS://us02web.ZOOM.US/j/787378014](https://us02web.zoom.us/j/787378014)

Meeting Id: 787 37 8014 Password 912936

Saturday March 27

All meetings are **Pacific Time** Starting Saturday

PDT 8am/MDT 9am/CDT 10am/EDT 11am/Europe 4pm/UK 3pm

Morning	Afternoon
8:00a—Breakfast Chatter	12:05-12:50p AFG Speaker Willie W—Southern California
8:30a—9:10a Panel: New and Working the Steps! Lisa W—North Africa Wendy C—New York	1:00-2:00p Panel: Parenting "The Highs and Lows" Margie S—Texas Dorothy B—Texas Kim W—South Carolina
9:25 am—10:10 am AFG Speaker Deb H — Folsom CA North	2:15-2:45p AFG Speaker Evelyn T— Texas
10:25—11:05 a Panel: New and Working the Steps! Ernie D—California North Relinda L — Texas	3:00-4:00p Panel: Why We Stay! Charlene C—New York Renee M—Southern California Princella W—Texas
11:10—11:50a—AFG Speaker Dawn C— Chicago IL	4:15-5:15p AFG Speaker Theresa F—Southern California

SPEAKER MEETING

MEN'S WEDNESDAY NIGHT

AL-ANON

WED. MARCH 24, 7:30 PM EST

SPEAKER

KENYON P FROM NY/CT

*If You Know a Guy
Please Share*

ZOOM INFO

WE MEET EVERY WEDNESDAY
AT 7:30PM - PLEASE JOIN US

MEETING ID 383 519 685

PASSWORD 803178

NYC Intergroup presents our monthly Al-Anon Workshop

Accepting Reality One Day at a Time

Saturday, March 27th

Noon to 4pm (New York Time)

ZOOM Meeting ID: 872 5003 6310

Passcode: 995264

Dial by your location:

+1 929 205 6099 US (New York)

- Hourly speakers
- Time for sharing
- Reading of Conference-approved literature

12pm Releasing denial

1pm Hope, not magical thinking

2pm Life on life's terms

3pm The present moment



NYC Al-Anon Intergroup's monthly workshop is a gentle afternoon immersion focusing on recovering from the effects of the family disease of alcoholism — such as distorted thinking—that can keep us more connected to our minds and resistant to being in our full experience in the moment. We will explore the courageous practice of opening our hearts, and connecting to a Higher Power of our own understanding, while accepting aspects of our realities that may be challenging. Newcomers are welcome.

All are welcome to share experience, strength and hope!

\$5 suggested donation goes to Intergroup & expenses.

JOIN THE MEETING



DONATE WITH PAYPAL



info@nycalanon.org
or Credit Card

DONATE BY VENMO



For access within the app, use name: nyc-afg
Phone Code: 5042
Other Donation Types see: nycalanon.org